







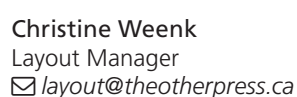
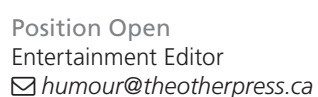
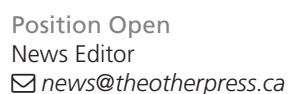
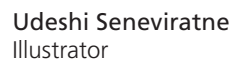
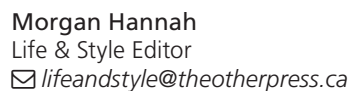
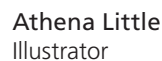
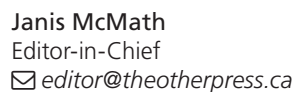


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No flu or influenza cases in Canada 'unprecedented'

› As coronavirus case reports rise, health officials say virus restrictions have eliminated the flu

Jessica Berget
Assistant Editor

The months of December to January are usually when we see the most cases of flu and influenza, but this year cases are practically non-existent throughout BC and all across Canada, according to the BC Centre of Disease Control (BCCDC). Many believe this is due to the COVID-19 public health measures (handwashing, distancing, mask-wearing) making it harder for the flu to spread.

This year, the BCCDC tested 30,000 samples of influenza, and only about a dozen have come back as positive (though all of these were linked to people who were vaccinated, so doesn't count as community spread). To compare, last year the centre had over 860 positive tests with one third of the testing. There have been so little positive influenza cases that a report from Public Health Agency in Canada says they can't even declare the 2020-2021 flu season has begun. This eases the minds of many as health experts were worried about the



Photo by Billy Bui

prospect of a "twindemic" dealing with both coronavirus and flu cases at the same time.

Both the flu and COVID-19 are similar viruses in that they attack the respiratory system, but they are caused by different viruses (flu from influenza virus and COVID-19 from SARS-CoV-2). Because of the lowered flu case rate, many health

officials are considering keeping these health orders in place to curb influenza in the future. Furthermore, according to CTV News, BC has seen more deaths from COVID-19 this year (1,189) than 10 years of the flu (874 from 2009 to 2019).

While tests have shown little to no influenza cases and a climbing number of coronavirus cases, the accuracy of

these tests are often called into question. According to the CDC, Rapid Influenza Diagnostic Tests (RIDTs) are about 50 to 70 percent accurate and a test with low sensitivity might deem someone with influenza as negative (false negative). On the other hand, the specificity rate (extent to which a test is specific to a certain condition) for RIDTs are around 90 to 95 percent and a test with low specificity can produce positive results in those who do not actually have the virus (false positives). The CDC also says that false negatives occur more frequently than false positive results. It goes on to say that a positive result in a RIDT means that it detected influenza viral antigen but does not mean that the virus is present, or the patient is contagious. For COVID-19 testing, the Deputy Chief Medical Officer for Health in Ontario has stated that the Polymerase chain reaction (PCR) tests yield over 50 percent false positives; yet the Public Health Agency of Canada (PHAC) claims false positives are "very rare."

Goodbye governor

› Julie Payette is forced to resign amidst a 'scathing' report on her workplace conduct

Craig Allan
Business Manager

In July 2020, a report from CBC's Ashley Burke showcased a culture of toxicity and harassment in the workplace that stemmed from Governor General Julie Payette. This included everything from verbal harassments to outright bullying. The Privy Council Office (PCO) announced in September that it would do a formal inquiry on the allegations and produce a report on their findings. That report was completed last week, and while it was not released to the public immediately, insiders who saw it said it was so damning Prime Minister Justin Trudeau had to act.

Payette either had to formally resign the position, or Trudeau would be forced to contact Canada's Head of State, (Queen Elizabeth II) and formally ask her to remove Payette. Payette chose to resign, avoiding a possible constitutional crisis.

On Wednesday January 27, the report was released to the public through a Freedom of Information Act request, and despite being heavily redacted, showed the stress and struggle that occurred in the Governor General's office. Forty three people in the office reported to have had a "hostile or negative" experience working for the government, and less than 10 reported "positive or neutral" feelings. Many employees reported that they had to take

paid leave in order to get away from the abuse. There were also reported cases of physical abuse brought on by Payette.

Payette's Press Secretary reported that no one had ever gone to the Human Resources (HR) department to lodge any formal complaints as a showing of the scandal being overblown, but many said the issue with that was the HR office was a "closed loop" because any complaints that went to HR would go to Payette's secretary, Assunta Di Lorenzo, a long time friend of Payette's (who has also since resigned from her position) who would take the reports right to her.

Prime Minister Trudeau is also facing scrutiny for the hiring of Payette. When it came time for Trudeau to pick a new Governor General, he had the option of assistance from a council set up by his predecessor, Stephen Harper, to help with the vetting process. Trudeau decided to forgo the council in favour of Payette, who had been inquiring about a representative job in government. Trudeau wanted Payette because she held many demographics Trudeau admired. She was a female astronaut, of which Trudeau liked for his desire to get more women into science, technology, engineering, and mechanics jobs, and has a French-Canadian background.

In the wake of her resignation and the earlier WE Charity scandal, which also consisted of vetting issues, questions

have been brought about the Trudeau governments on their vetting abilities. Much like in the WE Charity scandal, Trudeau also stood by the vetting process in this case, stating "Obviously the vetting process that was in place was followed, but obviously we're going to also look at ways we can strengthen and improve the vetting process for high-level appointments." Payette had to previously document instances of being let go from a position for conduct reasons.

Trudeau also avoided formally apologising to Rideau Hall staffers and Canadians by saying that his government believes that all Canadians are entitled to a workplace "that are free and safe from harassment and in which people can do their important jobs in safety and security."

Until a new Governor General can be found, Chief Justice of Canada Richard Wagner will assume the role of acting Governor General. A new Governor General may need to be found quickly, as there are rumours that minority government Liberals under Trudeau are contemplating an election for some point this year, and since a PM needs to go to the Governor General to dissolve Parliament, Trudeau will likely want to have his choice installed before making the decision to call an election.

There are already think pieces on the internet about who should be the next Governor General, with everyone from



Photo of Julie Payette by Johanie Maheu via Wikimedia Commons

non-serious answers like Ryan Reynolds, to the recently abdicated Prince Harry. The next Governor General will have to foster a new working environment in Rideau Hall, because with the Governor General's position being the highest office in Canada, and the scrutiny that will come with the choice after this most recent scandal—there is little room for error.

BC coronavirus mass vaccination rollout

› Coronavirus vaccine to be distributed by age group

Jerrison Oracion
Senior Columnist

With the development of a vaccine for the coronavirus, many people feel there is a light at the end of the tunnel with this pandemic. But with the shipments of the vaccines being delayed because of factory renovations and more vaccines yet to be approved, getting “back to normal” may be more complicated than originally thought.

In the case of British Columbia, the province has a plan based on the current research about the pandemic. On January 22, Premier John Horgan, Provincial Health Officer Dr. Bonnie Henry, and the head of the vaccination rollout Dr. Penny Ballem announced how everyone in the province will be able to get the vaccine. The plan is for 4.3 million people to be vaccinated by October. Because the Pfizer and Moderna vaccines are the only vaccines that are approved in Canada right now, everyone will need two doses of it. So far, the coronavirus vaccine has not had any reported side effects except those who got allergic reactions from it.

Because of the needed double dose, the province will get 8.6-million doses of the vaccine to accommodate everyone who wants it. Henry explains why they decided that they will rollout the vaccine based on recommendations from the National Advisory Committee on Immunization, BC’s Immunization Committee, and the

Public Health Leadership Committee. Like the province’s Restart Plan for the coronavirus pandemic, the vaccination distribution will be in four phases.

Currently, we are in “phase one” where the elderly in long term care homes and hospital workers as well as residents in remote and indigenous places will get it first. In the next phase which begins this month, the rest of the elderly population will receive the vaccine. As Ballem explains the phases in the rollout, she gave more information about how the rest of the population will be able to get the vaccine.

The coronavirus vaccine will be given in five-year age gaps beginning at 79 years old until 18 years old and each person will get each dose in two months. When it is an age group’s turn to get the vaccine, they can pre-register to book an appointment to get immunized a month before they receive it. They will get a record of the vaccination both in paper and digital form to keep track how many doses they got. AstraZeneca and Johnson and Johnson vaccines (which only require one dose) may also be approved soon making for a more efficient vaccination plan.

The vaccine is 95 percent effective at preventing COVID-19 symptomatic illness, though it is unclear whether it prevents the spread of the virus altogether. While many wait to get the coronavirus vaccine, people are still asked to wear a mask and practice social distancing.



Illustration by Athena Little

Iconic East Van cinema fed-up with COVID-19 restrictions, and transforms into sports bar

› ‘We’re going to do the safe thing and be a sports bar’

CJ Sommerfeld
Staff Writer

In recent days, the billboard accompanying Rio Theatre’s sign reads “Screw the arts we’re a sports bar now.” The announcement comes after a month of the independent cinema’s dormancy, following the BC COVID health order introduced in early December which forced closure to all arts venues, including movie theatres.

The cinema’s website—which previously sold film passes, now lists reservation seating “tickets.” Although not actual tickets, this cost-free reservation provides the cinema with an idea of how many people to expect, and simultaneously turn away. This new reservation system fulfills the new COVID health order for businesses operating at reduced capacity.

Sports have replaced the cult classics which used to be projected on the big screen. But no need to fret movie lovers! This sudden change in entertainment is just for the time being to keep the venue’s doors open, since sports bars have not been ordered to close like arts venues have. In an interview with CTV News, owner Corinne Lea expresses her annoyance: “It’s frustrating for us because it shouldn’t make a difference what’s on the screen. If you can

watch sports, you should be able to watch movies.”

The sports bar stunt comes after a series of billboards addressed to BC’s top health physicians and their latest health orders. Pictures of the billboards can be archived on the theatre’s Twitter. Such read, “arts & culture closed while bars are still open fvck that noise,” “cinemas can operate safely just like bars & restaurants Dr B Henry can you hear us?” and “treat cinemas fairly bars & restaurants open why not theatres?”

Over the last two months, the theatre seems to have done what they can to try to reopen their doors. Mid-January, the Rio Theatre started a petition, also addressed to BC Health Officials in an attempt to allow cinemas to reopen. As of January 28, there are currently more than 8,000 signatures, but no plans to allow reopening.

The Rio Theatre obtains a liquor primary licence, which allows them to operate by selling alcohol. Cinemas who do not hold a liquor primary licence are unable to open their doors solely to sell alcohol and function as a bar. Although previously people had been drawn into the theatre to watch films and other performances, the cinema had to adopt another business strategy.



Photo by Arnaldo Fragozo

Another independent cinema holding this sort of licence, Hollywood Theatre, made a similar transition late last year. The venue was dormant for many years after opening in 1935. They reopened in 2020 only to be faced with the pandemic. While the theatre originally showed live music and film, they too had to make some quick adjustments that veered outside how they usually functioned. For the time being, they too are now servicing as a bar.

Immediately succeeding the Rio’s reopening as a sports bar, a local publication

proposed that the \$375,000 arts grant which had been given to the theatre in 2018 was in jeopardy as they were no longer servicing as an arts venue. After receiving much backlash, the article was subsequently taken down, updated, and republished. The Rio’s Rachel Fox clarifies with the *Daily Hive* that they do not want to be a sports bar, they want to be a cinema. They are just doing what they can to stay afloat during these unprecedented times: “We are fighting for the survival of the arts. That’s why we’re doing this.”

- The 1982 Stanley Cup Final between the Islanders and Canucks
 - Top five most valuable sports franchises
 - Most popular sports in the world
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Most popular sports in the world

› Is your favourite sport on this list?



Photo by Arnaldo Fragozo

Mo Hussain
Sports Reporter

Some Canadians may think the only sports that resonate with the entire human population include hockey, football, basketball, etc. But believe it or not, the world of sports is much more diverse than some people can imagine.

Whether it's the barriers to entry, geographical regions, or just individual preferences, the popularity of some sports tend to vary depending on who you are and where you're from.

Here are three of the most popular sports in the world (according to WorldAtlas.com).

3. Hockey

Well, it looks like some Canadians aren't completely wrong. Hockey is so popular that it has an estimated two billion fans. The sport has two variations with one revolving around two teams competing on the ice (ice hockey), and the other revolving around two teams competing on a grass/turf field (field hockey). The popularity of ice hockey is likely very apparent in places where the climate is cold. One crucial difference between the

two is that field hockey doesn't involve any body contact or "checking."

2. Cricket

This one might come as a surprise to many, but cricket also attracts an unbelievable amount of people as it has an estimated 2.5 billion fans. The sport is super popular in the UK and in some former British colonies such as India, Pakistan, and Australia. Reasons for the sport's popularity include its simplicity and star power in the professional leagues. One of the reasons it may not resonate as much with North Americans is because of its similarity to baseball.

1. Football/Soccer (depending on where you're from)

There is not even a discussion on any sport that could even come close to the popularity of soccer. More than half of the world's population are fans of the sport, with over 3.5 billion people watching the last FIFA World Cup in 2018 and just over a billion of that audience watching the World Cup finals. Those numbers are unprecedented; much of the unanimous popularity potentially goes to the barriers of entry to playing it, as all a player needs is a ball and two objects that can act as a net.

The New York Islanders dynasty, part three

› The 1982 Stanley Cup Final between the Islanders and Canucks

Brandon Yip
Senior Columnist

The New York Islanders made their third straight appearance in the cup finals against the Vancouver Canucks in the spring of 1982. The Canucks were underdogs, but they had a balance of skill, toughness, and character. They were led by “King” Richard Brodeur, who provided outstanding goaltending—and was a big factor in the Canucks advancing to the cup final.

The Canucks faced Calgary in the first round (then a best-of-five series) with the Canucks winning the series 3 games to 0. In round two, the Canucks defeated the Los Angeles Kings 4 games to 1. Their next opponent was the Chicago Blackhawks in the Campbell Conference Final. The Canucks would win the series 4 games to 1.

The series had many defining moments such as Jim Nill’s overtime goal in game one. Game two at Chicago Stadium will be remembered for the start of “Towel Power,” when Canuck coach Roger Neilson held up a hockey stick with a white towel draped on top—as a form of mock surrender. Neilson was protesting the officiating of referee, Bob Myers. There was also Canuck forward, Ron Delorme, in game five coming to the aid of teammate Lars Lindgren. Lindgren was the recipient of a cheap shot to the head by Chicago’s

Grant Mulvey. Delorme would leave Mulvey bruised and bloodied in a memorable scrap. Canucks lost by a score of 4 to 1.

Meanwhile, the New York Islanders, in their run to the finals, had a big scare in the first round. The Pittsburgh Penguins were on the verge of upsetting the defending champions. Leading by a score of 3 to 2 late in the third period in the fifth and deciding game John Tonelli tied the game at 17:39 to send it into overtime. Later, Tonelli would be the hero, scoring at 6:19 to seal the victory for the Islanders. Next, the Islanders met their rivals, the New York Rangers in round two—winning the series 4 games to 2. In the Wales Conference Final, the Islanders defeated the Quebec Nordiques in a four-game sweep.

The Vancouver Canucks after beating Chicago on May 6, 1982, did not have time to savour their victory. They boarded a plane bound for New York the following day. Game one of the Stanley Cup Final began on May 8 (Islanders had four days rest). In game one, the Canucks were competitive and at times frustrated the Islanders with their aggressive play. The game went into overtime with the score tied 5 to 5. Unfortunately, late in the first overtime period with two seconds left, Canuck defenceman, Harold Snepsts, attempted to make a pass up the middle to Gerry Minor. Mike Bossy, inside the right circle, intercepted Snepsts’ pass—and released a

quick snapshot off the post past Richard Brodeur to win the game. Brodeur, out of frustration, while walking back to the dressing room—punched a CBC camera with his glove.

Islanders coach, Al Arbour, after game one was not pleased with how the Canucks played—comparing their game to Irish football. He told E.M. Swift of *Sports Illustrated*: “Clutch, grab, and tackle. Holding onto sweaters. Dump it out, dump it out. That’s the way they play. They try to frustrate you, and they’ll use the same tactics the whole series. The refereeing? I’m kind of annoyed at some of the calls that weren’t made.”

In game two, the Canucks did not adhere to Arbour’s wishes—once again playing hard and being competitive. The game was tied 4 to 4 early in the third period. But the Islanders would prevail, scoring two goals to win by a score of 6 to 4. Although the Canucks were down 2 to 0 in the series, they received a hero’s welcome upon returning to Vancouver. Footage shows Canuck players mobbed by fans as they attempted to board the team bus after arriving at Vancouver International Airport. “Canuck Fever” had started in the city of Vancouver.

Games three and four at the Pacific Coliseum were a sight to behold. The building was sold out, with loud enthusiastic Canuck fans cheering and waving white towels. Unfortunately, the Canucks lost game three by a score of 3 to 0. In game four, the Islanders won by a score of 3 to 1 and celebrated their third straight Stanley Cup victory. Mike Bossy scored two goals in game four and was awarded the Conn Smythe Trophy as playoff MVP—with 17 goals in the playoffs (seven goals in the finals against Vancouver).

Retired Hall of Fame broadcaster, Jim Robson, announced both games at the Pacific Coliseum for *Hockey Night in Canada* on CBC Television. “Games three and four in Vancouver were different,” Robson said in an email interview with the *Other Press*. “Very tight checking, good goaltending by Richard Brodeur, and Billy Smith, [with New York winning both games]. I remember Bryan Trottier winning a lot of faceoffs, even though Vancouver had good [centres], Thomas Gradin, Ivan Boldirev, Ivan Hlinka, Gerry Minor, Gary Lupul, and Lars Molin. The Canucks had a tough team too, but the Islanders were certainly the better team in winning their third straight Cup.”

Canuck captain, Stan Smyl, who scored the Canucks’ only goal at home in game four, said the Islanders had more depth and skill. “That was the difference [...] and they were that much more skilled than us—and they had an elite player like Mike Bossy,” Smyl said in a September 2009 *Hockey Night in Canada* television segment. But Smyl will never forget the spring of 1982 and the excitement of the fans during those two home games at the Pacific Coliseum: “I don’t think there was one player in our dressing room that did not feel the emotion and the excitement and the passion in the building.”

The Islanders had won three Stanley Cups. They were at their apex, and it appeared no one could stop them. But a young team in Western Canada was emerging in the early 1980s as a top contender to dethrone the defending champions: the Edmonton Oilers.

This is the third of four articles commemorating the New York Islanders’ dynasty of winning four consecutive Stanley Cups from 1980 till 1983. Next week, part four and the conclusion of the Islanders’ dynasty series—as they would fall to another rising dynasty—the Edmonton Oilers.



Hank Aaron, legendary trailblazing baseball player dead at 86

› One-time home run king played 23 seasons in the majors



Photo of Hank Aaron by Arturo Pardavilla III via Flickr

Brandon Yip
Senior Columnist

Baseball legend, Hank Aaron, died January 22 at age 86. He was a hero to many, vilified by others—yet a significant figure and trailblazer for future African Americans to play baseball at the Major League level. Aaron endured racism throughout his life and baseball career. Despite the hardships Aaron faced away from the baseball diamond, he was able to sustain a long and successful 23-year career in the majors.

Aaron was born in the deep south of the US in Mobile, Alabama on February 5, 1934. He started his baseball career in 1952 at age 18, playing in the Negro American League for the Indianapolis Clowns for three months. On April 15, 1947, Jackie Robinson became the first African American to play in the majors (Aaron was two years into his baseball career when Robinson retired in October 1956). It was a groundbreaking moment, and it opened the door for future African Americans to play in the majors. In April 1954, Aaron began his MLB career at age 20 with the Milwaukee Braves (before relocating to Atlanta in 1966).

Aaron was six-feet tall and weighed 180 lbs. Although not physically imposing, he was a dangerous hitter—with quick wrists to hit a baseball. Even opposing

pitchers were aware how difficult it was to strike Aaron out. Former pitcher, Curt Simmons, once famously said this about Aaron's hitting ability: "Trying to throw a baseball by Hank Aaron is like trying to sneak the sunrise past a rooster." Bill Madden, in his article published about Aaron in the *New York Daily News*, stated that Aaron attributed having a summertime job helping his family as a key factor to his baseball success. Aaron carried blocks of ice around town, which strengthened his wrists that became his forte as a hitter.

Like Jackie Robinson, Aaron also endured racism during his career. This was evident when Aaron was on the verge of breaking Babe Ruth's home run record of 714—a record that stood for 39 years. On April 8, 1974, Aaron hit his record-breaking 715th home run in the fourth inning off LA Dodgers pitcher, Al Downing—at Atlanta-Fulton County Stadium. The moment should have been one of celebration and triumph. However, Aaron's achievement was marred and overshadowed by racial prejudice.

Aaron, at the time he broke Ruth's home run record, had received thousands of letters—many filled with hate, including death threats. In a 1994 interview with *The New York Times*, 20 years after Aaron broke Ruth's record, he discussed how difficult it was enduring so much intolerance

because of his race. "It really made me see for the first time a clear picture of what this country is about. My kids had to live like they were in prison because of kidnapping threats, and I had to live like a pig in a slaughter camp. I had to duck. I had to go out the back door of the ballparks. I had to have a police escort with me all the time. I was getting threatening letters every single day. All of these things have put a bad taste in my mouth, and it won't go away. They carved a piece of my heart away."

After two seasons with the Milwaukee Brewers, Aaron retired in 1976 with 755 career home runs. The record stood for 33 years before Barry Bonds broke it in August 2007 (Bonds finished with 762). Many baseball writers and fans have argued whether Bonds should be the home run leader due to his long and rumoured association with performance-enhancing drugs.

Nevertheless, Aaron left his mark on the game of baseball. He was a 25-time All-Star, two-time batting champion (1956 and 1959), World Series champion (1957), National League MVP Award (1957), and three-time Gold Glove winner (1958, 1959, and 1960). He still holds many MLB records including most RBIs (2,297), extra-base hits (1,477), and total bases (6,856). In addition, he ranks second in at-bats (12,354), third in games played (3,298), and hits (3,771). He is also fourth in runs scored (tied with Ruth

at 2,174), and listed 13th in doubles (624).

Tributes to Aaron appeared on social media. Former MLB pitcher, Fergie Jenkins, posted on Twitter: "Saddened to say today I lost one of my heroes, Henry Aaron. I was so happy when I saw a man of color break the home run record. A great man both on and off the field. I send my love to the Aaron family." Former US president, Barack Obama, also posted on Twitter: "Hank Aaron was one of the best baseball players we've ever seen and one of the strongest people I've ever met. Michelle and I send our thoughts and prayers to the Aaron family and everyone who was inspired by this unassuming man and his towering example."

After retiring from baseball, Aaron became involved with many philanthropic endeavours. He and his wife Billye Aaron established the Hank Aaron Chasing the Dream Foundation to support ambitious youth in 1994. The foundation was known for offering 44 grants every year to the Boys & Girls Clubs of America.

Years later Aaron reflected on his famous 715th home run. Although, he was proud to have broken Babe Ruth's record he did not want that moment to define his legacy: "I hope that the home run [that broke Ruth's record] is not the only thing that people or anybody for that matter, black or white, look at me and say that's the only thing he could do."



Top five most valuable sports franchises

› Let's just say you can't just go to the mall and buy one

Mo Hussain
Sports Reporter

Believe it or not, professional sports teams are worth a lot of money. Whether it's because of the team's excellent performance, branding, or geographical location, the allure around some pro sports teams are quite apparent. According to Forbes magazine, the top five most valuable sports teams in 2020 are worth an estimated 24-billion dollars combined.

Here are the five teams which made up that number:

5. Golden State Warriors: \$4.3 billion

The NBA's Golden State Warriors' dominating success in the second half of the 2010s helped them skyrocket from the 20th most valuable team in 2017 to one of the most valuable teams in the world. The team's success included three NBA championships, five straight NBA finals appearances, and breaking the record for the best regular season record in NBA history in the 2015-16 NBA season.

4. Los Angeles Lakers: \$4.4 billion

Just ahead of the Warriors are NBA contemporaries the Los Angeles Lakers. The Lakers have always been a marquee franchise for the NBA but are more so relevant nowadays with the addition of LeBron James in 2018, and Anthony Davis in 2019. The duo brought the Lakers their first NBA championship in a decade last October, and their continued success this year might lead the franchise to its second straight championship and more financial success.

3. New York Knicks: \$4.6 billion

This one is potentially still difficult for some NBA fans, as the New York Knicks haven't been known for as much on-court success in recent years as the Lakers and Warriors. However, much of the team's valuation likely falls on the team's branding and geographical region; having a basketball team in one of the largest sports markets, and an arena with hefty sponsorship deals definitely helps generate revenue.

2. New York Yankees: \$5 billion

The general idea people should get here is that if you want to make a lot of money owning a sports team, just buy or make one in New York. Somewhat similar to the Knicks, it's not necessarily the success on the diamond that keeps them this baseball team valuable. Instead, the team's history and branding play a massive part.

1. Dallas Cowboys: \$5.5 billion (\$5.7 billion in an another ranking later that year)

The lone NFL franchise in the top five most valuable teams is the most expensive. The Dallas Cowboys have been the upper echelon of the most valuable sports franchises for quite some time, as they have been the most valuable team for five straight years. Revenue generated from the team's stadium, advertising deals, and a new complex created by the owner of the team played a big part.

Keep in mind however, the rankings were published in July 2020. It will be interesting to see where the teams on this list will be positioned in the next "most valuable teams" rankings given the ongoing pandemic.

“

The general idea people should get here is that if you want to make a lot of money owning a sports team, just buy or make one in New York.

- ‘Mank’ movie review
- Retrospective on the band Cake
- Rio Theatre reopens as a protest to current regulations

...and more

‘WandaVision’ through MCU goggles

› The series is great if you know your MCU history

Craig Allan
Business Manager

★ ★ ✦

After years of remaining behind the times in streaming, I finally bought a streaming service. I bought Disney+ because they had an annual rate, unlike Netflix (which I preferred because I am not a fan of monthly rates). I also bought Disney+ because I wanted to get on the hype of their upcoming universe of expanded content. Since Disney pretty much owns every company, they have a lot of shows that are continuing stories that the movies have left off.

One of those shows is *WandaVision*, a show centred on two characters Wanda Maximoff and Vision, from the Marvel Cinematic Universe (MCU). The show has an interesting premise; these two characters—one a witch and the other and artificial intelligence computer man—living life in the decade hopping scenarios of classic TV shows like *The Dick Van Dyke Show* and *The Brady Bunch*.

The show is four episodes in, and I must admit I was rather disappointed with the first two episodes, and really let down by the third. Part of the show’s “charm” is that it comes off like a bad sitcom from the past. For example, in the first episode when Wanda and Vision forget what a date on the calendar means only to realize later that it’s a reminder that Vision’s boss is coming over for dinner. This leads to wacky hijinks like Wanda showing up in a nightgown thinking that it was their wedding anniversary and Wanda accidentally throwing lobsters out the window. However, saying that this is funny or entertaining because it parodies sitcom tropes of yesteryear really just feels like an excuse to write off bad writing.

The third episode is tough to get through because it involves Wanda being pregnant and going through nine months of baby growth in just a few days. It’s supposed to be a *Brady Bunch* style episode, but it doesn’t look anything like *The Brady Bunch* as it is just them and no other children. She later births twins and maybe this is a reference to something that happened on that show, but I have no idea because I have never watched *The Brady Bunch*.

That in a way is a running theme of content like *WandaVision* and their *Star Wars* television equivalent show *The Mandalorian*. They contain a lot of in-jokes and references that you won’t get unless you have gobbled up every single bit of media in regard to the property. This can be seen in the fourth episode of the show.

The fourth episode is much more interesting than the previous three, mostly because it abandons the sitcom trudge (at least temporarily) and enters the mystery of why Wanda and Vision are in this tubular predicament. This episode has so many references to the MCU that you have to pause every few minutes just to look up a fact. It made me feel like I was taking an



Illustration by CJ Sommerfeld

open-book test, which is not fun because I take enough of those already.

For example, this episode contained the return of three minor characters from MCU films, but they are so minor that if you didn’t know who these characters were this episode was probably a little boring. One of the characters named Jimmy Woo, played by Randall Park, I only realized halfway through the episode that he was from *Ant-Man and the Wasp*, but I had

completely forgotten him because he had such a small role in one of the lesser MCU movies (in my opinion).

Maybe the creators of the show and the MCU know that their characters are niche, and they are fine with it since they are the biggest movie franchise in history and have a large and loyal fanbase. It also helps that this show is only a mini-series therefore the crossovers and mysteries will not go on for years. But, if they want

the show, the MCU, and Disney+ to be something for everyone can flock to, they have to make more original shows that don’t require over 20 films of homework in order to really understand.

I’d like to see more original stories and original ideas from Disney+, but if this is the direction they want to go, then that’s fine. I paid for a year anyway, so I might as well get my fill.

The greatest complex story written by an alcoholic

› 'Mank' movie review

Jerrison Oracion
Senior Columnist

★ ★ ★ ★ ★

While *Gone with the Wind* is the highest grossing film of all time after inflation, many people would consider *Citizen Kane* the greatest film of all time (although I have not seen *Citizen Kane* yet). The film is famous for a lot of reasons, not just because of its use of closeups and the iconic “Rosebud” mystery, but because it was one the first examples of complex storytelling—and it was Orson Welles’ first film with RKO Pictures. *Citizen Kane* could be said to have somewhat predicted now former President Donald Trump, as its main character is a newspaper owner running for president.

The movie *Mank* is made possible by director and star Orson Welles paving the way, but the idea for *Mank* is instead focused on New York theatre director, playwright, and screenwriter Herman J. Mankiewicz (played by Gary Oldman) writing *Citizen Kane*. In the film, David

Fincher—director of movies like *The Social Network* and *Gone Girl*—examines what inspired Herman write his greatest work. The film also was inspired by a script written by Fincher’s late father, Jack Fincher. Originally, it was going to be released locally at the VIFF Film Centre last November, but *Mank* was pretty much released straight to Netflix.

After Herman gets involved in a car accident while writing *Citizen Kane*, he stays in a villa in a desert while his assistant, Rita Alexander (Lily Collins), writes his ideas for him. It is two weeks before he must submit the script to the studio—and he drinks a lot of alcohol. The film is presented in the style of *Citizen Kane*; we see flashbacks of Herman when he worked at MGM Pictures, and the lighting of the film is Welles’ style. We learn that some of the characters in the film were inspired by actual people that Herman met—including a close friend that he talks about politics with named Marion Davies (Amanda Seyfried).

I am not sure if Fincher directed the film with his favourite film camera,



Promotional image for 'Mank' via Netflix

the RED Camera, or if he filmed it in Panavision. *Mank* also shows how powerful the entertainment industry is with politics and a lot of people not having creative freedom during the golden age of Hollywood. Welles had to go through that when making his films as all the major studios did not accept his ideas until RKO Pictures gave him an opportunity while he was still the golden boy of radio.

The sound quality in the film has the nostalgic art house cinema sound of the 1940s. Trent Reznor and Atticus Ross’ score has recognizable atmosphere, but the

sound is reminiscent of the score in *Citizen Kane*. Oldman’s portrayal of Herman was great, and it would be interesting if he got Best Actor in the Academy Awards this year. The movie also shows that the 1940s were similar to the present because communism and socialism were both hot and controversial topics.

I would really like to see *Citizen Kane* and after watching *Mank*, and I will try to find similarities between both films. Then I can definitively say whether or not it is the greatest film of all time.

The Cake isn’t a lie

› Retrospective on the band Cake

Sonam Kaloti
Arts Editor

There are two songs by California band Cake that everyone should—and probably does—know. “The Distance” off 1996 album *Fashion Nugget* and “Short Skirt / Long Jacket” off 2003 album *Comfort Eagle*. However, there’re some other successful hits that you may have heard including but not limited to “Sheep Go to Heaven,” “Never There,” and covers the likes of “I Will Survive” and “War Pigs.” Their cover of “I Will Survive” was regarded as an insult to the original due to Cake’s vocalist John McCrea’s deadpan and sarcastic tone of voice.

Yet, despite some huge MTV-level hits and popularity in the 90s and early 2000s, Cake’s uniquely ironic sound didn’t guarantee them fame forever. So, pretending we’re back in Cake’s golden age, here’s a review of their other songs.

“The Distance” is off of 1996 album *Fashion Nugget* which has similar bops and bangers all throughout. The album comes together very well with similar sound and tone. It doesn’t feel too bizarre either, with the same instrumentation being used throughout the 14-track album. Due to how well the songs merge into each other, the album can be labelled easy listening. A con to the same point is that many of the songs sound so similar that it’s hard to pull favourites. The first song besides “The Distance” and “I Will Survive” that really has a different listening experience

is “Nugget,” featuring aggressive lyrics and compressed electric guitar. Call and response yells and hard panned horns make this song feel a little out of nowhere, and this is exactly what the album needed to ground listeners back into the album before it ended. To hit the nail on the head, the chorus goes: “Shut the fuck up, no / Shut the fuck up (shut the fuck) / Right, now / Learn to buck up (shut the fuck).”

Comfort Eagle is a fantastic listen and my favourite Cake album. Starting with “Opera Singer” the album already has a much different feel. It definitely has more

electronic-sounding drums, but the mix has live instruments so far forward that it doesn’t take away from the staple Cake in-your-face concert vibe. Harmonies are much more prevalent in this album and they hit right from the start.

Onto “Meanwhile, Rick James” you hear the combination of over-compressed guitars and light, airy analog synths once again, but with enough far panning that every instrument has its own space to be the star of the show. It’s difficult to do that with just how much sound there is, but Cake pulls it off. A reason for this is

because every few seconds the instrument at the front of the mix gets changed, whether it’s a hard left guitar during the chorus, strings taking over in the second half of the chorus, or keys in the verse—it’s always different. This playful take on sound and form occurs differently throughout the album, offering an exciting listening experience.

“Commissioning a Symphony in C” deserves a shoutout simply because of how great the song is. The deadpan vocals ease up to evoke a little more emotion this time around. The widely spread guitar melodies, backing riffs, crispy snare, and the synth matching the vocal riff allows the song comes together as one of the more emotional ones.

“Comfort Eagle” is a heavier song on the album with just as heavy lyrics. It’s a reflection on consumerism, specifically on the music industry taking musicians and turning them into nothing more than a brand—a product—with references to public figures denouncing politics altogether with lyrics like “the wacky morning DJ says democracy’s a joke.”

“World of Two,” the last song on *Comfort Eagle*, provides a beautiful ending and surprising relief after all the big sound and heavy instrumentation the rest of the album boasts. To be frank, Cake’s sound is not for everyone, but for those who enjoy songs like “The Distance” and “Short Skirt / Long Jacket” as anthems, there’s plenty more where those came from.



Photo by hpux735 via Flickr



RIO THEATRE

SCREW THE ARTS
WE'RE A SPORTS BAR NOW
OPENING SATURDAY
JANUARY 23

From cinema and concert venue to sports bar

› Rio Theatre reopens as a protest to current regulations

Alexis Zygan
Staff Writer

Rio Theatre, the iconic indie cinema located by Commercial Station, has been serving cinephiles since 1938, branching out to hosting live music and performance events in 2008. As one of the last independently owned and operated theatres standing in Vancouver, they encountered a risk of obsolescence in 2018. The owners listed the property on the market, hoping to displace the theatre with rental apartments. Vancouverites responded with outrage. Not the first instance where condos have jeopardized the thriving local art and culture. Thanks to an Indiegogo campaign that reached \$500,000 in donations, the current owners bought out and saved the Rio Theatre from extinction.

2020 threw another curveball when Rio Theatre and other art and music venues were required to close for over half the year due to a skyrocketing number of COVID-19 cases in Vancouver. Rachel Fox,

a representative for Rio Theatre, said in an email interview with *the Other Press* that “not being able to operate for almost six months of the past twelve has taken a toll on the business, and of course our dedicated crew of staff.”

Unlike corporations, Rio Theatre cannot afford to keep its doors closed for months without accepting the inevitable financial burden. Operating as a cinema also involves paying for film licensing, promotions, and ticket processing. The City of Vancouver took preventive measures by approving 2.05-million dollars in critical support grants to art and culture spaces impacted by COVID-19. Rio Theatre received a \$375,000 grant due to its status as a cinema and entertainment space. At the end of June, theatres got the go-ahead to re-open when cases decreased significantly in Vancouver.

However, only months later, BC Health Minister Bonnie Henry extended the stay home provincial order and updated restrictions ordering cinemas to once again close; Rio Theatre complied,

albeit frustrated. Her vexation culminated two months ago when Rio Theatre CEO Corrine Lea started a petition on Change.org titled “Treat Cinemas Fairly,” with a letter addressing Honourable Minister Adrian Dix and Bonnie Henry. The petition outlines how there have been zero COVID-19 cases related to movie theatres—presenting the argument that sitting in silence watching a movie is safer than talking loudly at a bar or restaurant.

With over 8,000 signatures (at the time of writing this article) Rio Theatre has yet to hear from Provincial Health authorities. Rachel Fox says to *the Other Press*, “we take the health and safety of staff and guests very seriously, because we really do take the view that what we, as an arts and culture venue, provide in terms of leisure, recreation, and a safe space to positively recharge one’s mental health during extremely stressful times seriously.”

When the provincial health order extended into the new year, Rio Theatre decided to enter a new market sector by operating as a bar. Their message board

read, “Screw the Arts We’re a Sports Bar Now. Opening on Saturday, January 23.”

The sarcasm is unmistakable with their retort to an Instagram comment of sports emojis followed by a heart and beer made by Persephone Brewing, “@persephone brewing the best beer to drink while watching [insert sports team here].” The change in programming is a protest against the current regulations.

Vancouver is Awesome published an opinion article regarding the state of Rio Theatre’s grant. Since Rio Theatre is only temporarily operating as a sports bar to bide their time under COVID-19 regulations and plans to continue showcasing cult classics and feel-good movies once hosting events is permissible, their grant is secure. Rachel Fox says, “patrons are so enthusiastic about what we were doing, and really invested in the progress. ‘I’m so glad you guys are doing this!’ Is something we heard from people a lot.”

“

The petition outlines how there have been zero COVID-19 cases related to movie theatres—presenting the argument that sitting in silence watching a movie is safer than talking loudly at a bar or restaurant.

LIFE & STYLE

- North America's favourite cookie
 - The best spherical meat treats
 - The pandemic has ended buffet dinners momentarily
- ...and more



The master of truthful fiction

› Tips from Neil Gaiman on writing fiction truthfully

Morgan Hannah
Life & Style Editor

I decided to start the new year off with a MasterClass annual subscription. This subscription gives me access to hundreds of lessons from hundreds of professionals at the prime of their careers. I can learn how to make a perfect Sunday omelet with Chef Thomas Keller, or the importance of the first five pages with Margaret Atwood. Currently, I am learning about truth in fiction from celebrated writer Neil Gaiman. His popular works like *Coraline* have received many awards and touched even more hearts, and honestly, he's a great teacher too.

Gaiman talks about conveying truth with fictional stories, which is the most glorious contradiction. He states that writers use memorable lies—taking people who do not exist and things that did not happen to those people in places that also never existed—and communicating true stories to readers.

Gaiman points out how it started with children's stories which are often these elaborate tales to teach valuable life lessons in a memorable way. *Little Red Riding Hood* is an excellent example, the story points out how not everyone in life is nice and means you no harm, so it's probably best not to tell everyone where you're going and what you're up to. You may find out that your grandma is inside the belly of a "talking wolf" if you do.

Now, of course we all know that talking wolves don't exist, but in order to really enjoy and get lost in a story, readers must be willing to suspend their disbelief. However, this is not always an easy ask of a reader. Writers must strive for "verisimilitude," or truthfulness in their storytelling.

A writer's goal (beyond having a page turning book that no one can put down) is to be credible and convincing in your tale of a talking wolf, or a stepfather from an intergalactic world, or whatever it might be that you're trying to convince your audience of. Verisimilitude is most easily achieved through portraying the real world in a story to some degree. However, truth can even be told in fantasy and sci-fi, so long as the rules are consistent with the laws of the created imaginary world. It doesn't matter how outlandish of a story it is, the story should feel real to the reader. Neil Gaiman uses the following tools in his writing to achieve flawless truth in his fiction:

Provide specific, concrete sensory details

You can talk about an entirely made-up world, but by describing specific details, such as the sweet sugary smell of the red grass around the character, or the persistent noise of a trickling stream, a writer draws readers into concrete experiences which contributes to the sense of reality.

Focus on emotions that are true to the characters

A writer's hero might be tackling an impossible evil villain, but audiences will be able to relate to the hero's fear, to the struggle of the challenge.

Incorporate the familiar alongside the unfamiliar

Grounding the readers in familiar things is just as vital as introducing new and interesting things.

Avoid technical mistakes

Get the facts straight when writing about something that really exists. If the main character is a ballerina or a scientist, research those lifestyles and what they entail to create a truthful representation. In a magical world, stay consistent with the laws of that world.

Take time to cover objections

If something isn't right in story's world, let the characters notice that it isn't right for them either. Leaving a character in the dark makes for a less believable character and a less believable story.

Neil Gaiman has found time and time again that in fiction, truth serves a higher purpose beyond creating believably, and that is conveying an emotional truth to readers that will entertain them, help them, change their views of the world, and sometimes even change their lives.

How tattoos helped heal the relationship I had with my body

› The solar system tattooed on my thigh transformed its meaning

Alexis Zygan
Staff Writer

During the transition into adulthood, I felt animosity towards my appearance, consuming subliminal messages that diminished my self-worth. I believed that I was not good enough because of my stretch marks, birthmarks, and bruises. The perpetuation of an unachievable beauty standard by the media affects 91 percent of women who say they are unhappy with their body. Models walk the runway in skimpy lingerie, and photoshop has only become more accessible in the digital age. Discerning that bodies in the media undergo editing to appear perfect did not prevent internalizing shame for my not-so-camera-perfect body. I uncovered the art of tattooing through Tumblr, witnessing how tattoos transformed skin into a permanent art canvas.

Once I was nineteen (the legal age to get a tattoo in British Columbia) I emailed a stick and poke artist who studied fine arts in Eastern Canada. Her delicate tattoos spoke to a gentler side of myself I wanted to represent with my first tattoo; a self-soothing image on my thigh of all the planets in the solar system, including Pluto. This tattoo serves as a reminder of the vastness of outer space for when I felt alone in the universe. My problems are minuscule—I am a speck of dust on a planet that orbits the sun. After the appointment, I felt elated, attributable to endorphins released when

the skin is punctured with a needle. Yet, once the euphoria faded, the newfound empowerment prevailed. Not long passed before I was messaging the artist to book another appointment.

For months I concealed the evidence of ink from my parents, who outwardly expressed their aversion to tattoos. However, once summer arrived and the heat made it unbearable to wear jeans, they caught a glimpse. At that point, I had three tattoos: a smiley face on my right calf, a frowny face on my left calf, in addition to the solar system. My mother responded with shock. Unsure of why I chose to “destroy my skin,” I retorted that this is my way of reclaiming body autonomy and agency over how I present myself. By decorating my skin, I am healing the unhealthy relationship I developed with my body in earlier years. After each new appointment, I felt more comfortable looking in the mirror.

I currently have over ten tattoos—90 percent located on my legs. Growing pains resulted in stretch marks and scars from chronic clumsiness. Tattoos have reduced my inner critic by admiring art instead of flaws. Not all of the tattoos on my body hold an abstract meaning. Some are musings of inner struggle; others are flash drawings that spoke to me at the moment. The single-needle rose on my ankle is beautiful, and I chose to adorn my body with beautiful art.

Altogether they represent a collection of memories. The solar system has

transformed into a memento for the delicate beauty of growth. Pluto may no longer be a planet, and I no longer depend on tattoos to feel empowered. As I aged, I

started to cherish the flaws—the stretch marks resulting from physical growth; and the journey towards emotional maturity that sparked radical self-love.



Illustration by Athena Little



Photos by Alexis Zygan

UNDERSTANDING 'CHARTER OF RIGHTS'

› What is the 'nuclear option' and why does it matter?

Janis McMath
Editor-in-Chief

While every local tourist gift shop deems the beaver, the moose, or some other majestic wild animal as Canada's symbol, a Statistics Canada found that our country's citizens actually view the Canadian *Charter of Rights and Freedoms* as the most significant of all Canadian icons... even more than hockey! Yet another poll—taken by SES Research for *Policy Options*—found that of those who knew what the Charter is, there were 58.2 percent who thought the Charter was leading the country in the right direction, while 26 percent saw it moving Canada in the wrong direction (some respondents were unsure). So, why is this document simultaneously highly controversial and also seen as one of the country's most revered symbols? And how has the Canadian Charter been used to protect the rights of the individual?

A RUNDOWN ON OUR RIGHTS

Two of the main goals of the Charter include protecting the individual from the government, and protecting "minorities against parliamentary majorities." Since the time of its creation the Charter has created waves within Canadian society—with specifically large impacts on the rights of the incarcerated, minorities, and those going through a criminal investigation. As a part of the larger *Constitution Act, 1982*, the *Charter of Rights and Freedoms* deals with seven specific rights as the Government of Canada's website points out: fundamental freedoms, democratic rights, mobility rights, legal rights, equality rights, official language rights, and minority language educational rights.

Examples of fundamental freedoms include freedom of religion, thought, opinion, expression, peaceful assembly, association, and freedom of the press. Democratic rights involve voting and all things related to voting; mobility rights concern the right to travel; legal rights include points like the right to not be unreasonably searched or imprisoned; equality rights dictate that all people are afforded equal protection and benefit of the law without discrimination of their identity; language rights, for example, include the right to be educated or assisted one own's language.

In terms of democratic and legal rights, the Charter offered huge improvements for the incarcerated: phone wiretaps rules were made stricter, it was emphasized that defendants should be presumed innocent, and it was made so those accused of a crime were obligated all relevant information on their case in the interest of making their trial as fair as possible.

HISTORY ALWAYS INVOLVES BETRAYAL

The *Charter of Rights and Freedoms* was not put into place until the 1980s. To be clear, Canada already had the 1960 *Canadian Bill of Rights* which included many of the same points the Charter does. Some of the differences between the two rights documents include the fact that the *Canadian Bill of Rights* only applied to federal laws and had no influence on provincial ones, the document was not a part of the constitution (so it was less permanent), and the 1960 bill was seen by many as a guideline rather than strict rules to adhere to. The *Canadian Bill of Rights* did break many of the boundaries at the time with the help of Progressive Conservative Prime Minister John Diefenbaker pushing it through. He started bringing attention to the importance of the protection of human rights when he was an MP in 1940. French Canadians, Indigenous peoples, Métis, and European immigrants specifically needed protection from discrimination according to Diefenbaker. (His Progressive Conservative Party also gave the right to vote to Indigenous people—getting rid of the previous prerequisite of forcing Indigenous people to give up their Indian status in order to qualify to vote.) This bill, however, was still in Britain's hands.

When Canada first put the *Constitution Act, 1982* into place, it also was the first time the country gained full independence from Britain. Before the act was sworn in, Canada had all the makings of an independent nation—aside from control over its constitution. While the idea of Canada's own constitution had been floating around persistently for years, it was officially created during Pierre Trudeau's time as PM. He and his team had pushed for the constitution—and with it, they promised the *Charter of Rights and Freedoms*. Trudeau won the

favour of the public, but the many skeptics voiced their long list of concerns. Would it override the rights of province to make their own laws? Would the vague language allow too much room for interpretation? The bill was not put into place without opposition from multiple provincial leaders; in fact, there was so much opposition that Quebec, Alberta, Manitoba, Prince Edward Island, Newfoundland, and British Columbia organized a group of leaders called The Gang of Eight (lead by Quebec Premier René Lévesque) to ensure their concerns were properly addressed.

The values of the provincial leaders were scattered all over the spectrum, so coming to an agreement was an arduous process. Many drafts warranted many complaints until the "kitchen accord": a semi-secret and unofficial dealing. As Trudeau's justice minister, Jean Chrétien made significant compromises in trying to seal the deal—and specifically committed to the notwithstanding (meaning "in spite of") clause during the kitchen accord. Finally, the debate was coming to an end. Quebec Premier René Lévesque was widely known for his opposition to the proposed constitution—and because of this was purposefully not consulted on the final draft (while many other premiers were). Lévesque was enraged by this, stating that he was clearly plotted against.

The emotion exhibited by Lévesque is often mirrored by the Quebec separatist movement, as they often use the Quebec PM's experience as a justification for their desire for provincial independence. The event is known as by Quebec separatists as the "night of the long knives." However, the *Constitution Act, 1982* did not need every single provincial leader's signature—so the act went through unsigned by Quebec, and still has not been officially endorsed by

“While it was originally claimed by the government that 75 percent of Charter-related court cases were unanimously decided, the study found only 48.8 percent of cases were resolved with such unified agreement on the interpretation of the Charter.”

G THE CANADIAN TS AND FREEDOMS'

es the Charter stir up serious controversy?

Quebec (though they obviously must abide by it). (Through it is important to note that a Montreal-based Centre for Research and Information on Canada study from 2002 found that the Charter was viewed well in all provinces—with the highest approval rating [91 percent] for the laws coming out of Quebec.)

THE “NUCLEAR OPTION” AND OTHER ISSUES

While the poll for *Policy Options* mentions that the majority of Canadians—especially the 18 to 29 age group—are pleased with the Charter and believe it achieves many of the goals it sets out, there are some who feel the Charter has its fair share of issues. For example, the highly controversial notwithstanding clause. The clause (also known as Section 33) allows “federal, provincial, or territorial governments” to ignore specific Charter rights (and these bypasses are subject to renewal after five years). Essential to consider is the fact that the *Policy Options* poll found that nearly half of Canadians were not aware of the notwithstanding clause.

The notwithstanding clause (the “nuclear option”) has been used to impede the freedom of religion. While this “override” clause has never been used by the federal government, in 2019, Quebec enacted Section 33 after banning the wearing of religious garments by public service employees (e.g. teachers). This law would have been challenged with the Charter, but the notwithstanding clause prevented such an action—and this sparked many protests. Section 33 also allowed Ralph Klein’s Progressive Conservative government to rule against gay marriage in Alberta (although the federal government later overrode that decision).

The Charter faces criticism also critiqued for offering such vague language.

This criticism has been the driving force for the study “The Charter in the Supreme Court of Canada: The Importance of Which Judges Hear an Appeal” which investigated if judges have the tendency to rule inconsistently in court cases concerning the Charter. While it was originally claimed by the government that 75 percent of Charter-related court cases were unanimously decided, the study found that in reality, only 48.8 percent of cases were resolved with such unified agreement on the interpretation of the Charter.

Furthermore, the study emphasizes that some judges are seen as social justice warriors that use this Charter law to push through policy change undemocratically. While the Charter cases have brought about positive changes to the law—like the amendment to gay marriage—there are still many questions around the problems that can arise from allowing judges so much power through the room for interpretation. The vagueness allows judges to bypass elected bodies like Parliament and the legislatures when making such large modifications through the law.

Other notable criticisms target the fact that it gives too many rights to criminals (e.g., the right to vote), the rights given to the incarcerated made the justice system slower and added great expenses, and that Canadians are “losing rights to the rule of minority groups” according to the previously mentioned *Policy Options* poll.

USING THE CHARTER TO CHALLENGE THE STATE

The Charter is constantly referenced in court, and there are many significant cases that have completely changed Canadian law through the use of the document.

Should Sikhs be able to carry a religious symbol that looks like a dagger? When a young Sikh boy named Gurbaj Singh Multani carried his kirpan to school, he was met with punishment from his educators because of the sharp object. The ruling in the case solidified the definition of freedom of religion. On the opposite end of the religious freedom spectrum, a corner store was fined in 1985 for being open on Sundays

and not observing the Christian “day of rest.” The owner of the business won the case as the Supreme Court ruled that the punishment unfairly enforced the store owner to follow one specific religion. And who could forget *M v H*: the 1999 case that removed discrimination against same-sex couples in the law (and similarly the pro-choice abortion laws passed in *R v Morgentaler*).

Our Charter also comes with specific exemptions, and some significant cases have highlighted that. In the case of *R v Kapp*, John Kapp and a group of commercial fishers looked to challenge the government for enforcing rules that only allowed native fishers access to specific areas at certain times. The defendant stated that by pushing out those that were not indigenous from fishing, the government was discriminating against the fishers on the basis of their race. Yet the Charter already outlines the nuance considered in this case; the Supreme Court reasoned that because Indigenous people are historically discriminated against, helpful programs created in their favour furthers an inclusive, equal, and just society.

The Charter continues to change as Canadian society and values change; seeing how the Charter has been modified twice since its 1982 enactment, it will likely see many more alterations in the future. It seems that the public’s knowledge about the controversial parts of the bill could be improved—and seeing how the younger generation is paying it special attention, perhaps there will be more outcry for reform the parts that are heavily criticized. However, the public could also find itself more aligned with the Charter’s values as time passes. Guesses about the future aside, places around the world like South Africa and New Zealand have looked to the *Charter of Rights and Freedoms* as a defining standard for rights. Even with all critiques considered Canadians should still appreciate the value of the freedoms granted in our Charter.

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The vagueness allows judges to bypass elected bodies like Parliament and the legislatures when making such large modifications through the law.

A Mediterranean meatball meal

› The best spherical meat treats

Janis McMath
Editor-in-Chief

Meatballs! Every culture seems to have its own version of smashing meat together into a delicious sphere—so much so that the epic origin story of meatballs is shrouded in mystery. But my personal favourite meatball is köfte. Köfte is the Turkish variation of a meatball; this meat is commonly grilled (which is their ultimate form) but they can be fried, baked, steamed, etc. And when it comes to meatballs, Turkey is the Mozart of ground meat composition; there are a staggering number of variations of köfte, and many different regions each have their own version.

Grilled köfte are the best, no doubt. They are easy to make on a cast iron pan—but oven-baked köfte are also simple and accessible. Either way is super delicious, so don't fret. The versions I love include potatoes to soak up the fat of meatballs, green peppers and tomatoes baked alongside the meatballs, and cacik (similar to tzatziki) for dipping. And if you're feeling left out because you're vegetarian or vegan, don't worry! Turkey also offers a red lentil meatless meatball (called mercimek köftesi) that I will cover in next week's issue!

Köfte
Ingredients :

- 500 grams of ground meat. (Some people do half lean beef and half regular; some do half lamb and half beef etc. I like all regular beef personally.)
- 1 egg as a binding agent. (If you are allergic you can substitute half a teaspoon of baking soda or baking powder.)
- 1 white onion, diced (size to taste, but I love and recommend a big honking onion)
- 4 to 8 tablespoons of breadcrumbs (you can also make breadcrumbs at home with stale bread)
- dill or parsley (or both)
- salt (1 to 2 teaspoons suffices for most)
- pepper (freshly ground if possible!)
- tons of garlic
- 3 tablespoons of tomato paste (for the oven-baked version)
- spices you love like cumin, paprika, oregano, nutmeg, etc.
- medium Yukon Gold potatoes (my all-time favourite, their natural taste is somewhat buttery)
- green peppers
- tomatoes
- olive oil

Method:

Put your meat, egg, diced onion, diced dill, diced garlic, breadcrumbs, salt, pepper, and spices in a bowl. Do not be stingy with your spices as a meatball is nothing

without good seasoning.

Mix it all up—and while you can do this in a blender, I'd recommend blending it by hand. Texture-wise, I prefer hand-mixed to paste. When rolling the meatballs, put a little olive oil in your hands to prevent stickiness when forming the spheres. Make sure the balls are small and flat. Surface area is great. If you are oven baking these babies, layer the potatoes between the meatballs so they can soak up all the fat that is going to bubble in the oven. Place tomatoes and peppers in the same pan. Mix tomato paste with water and a pinch of salt and pepper and drizzle over meatballs. (375 F for 30 to 45 minutes!) If you are going to cook the meatballs on your cast iron, heat it up to medium heat and keep flipping your köfte until brown, crispy, and heavenly. Cook tomatoes and peppers alongside meatballs. (Personally, I don't cook the potatoes on the cast iron since the meatballs cook so much faster on the pan than in the oven... and I don't want to wait longer to eat.)



Photo by Billy Bui

Cacik (like tzatziki)

Ingredients:

- plain yogurt (higher percentage yogurts are the best—like 3 percent)
- garlic
- cucumber
- lemon juice
- fresh mint or dill
- salt

Method:

Mix it all together—use whatever amounts fit your taste. If you find the texture is too thick for your taste, add a tiny bit of cold water. Most important part of this recipe? It must be left to sit for a while so the garlic can permeate the yogurt. Leave it in the fridge overnight for the best flavour. Your gut will thank you for cutting the grease with this treat!

End of the line

› The pandemic has ended buffet dinners momentarily

Brandon Yip
Senior Columnist

In the 2001 comedy action flick, *Rush Hour 2*, Detective James Carter (Chris Tucker) snaps at Chief Inspector Lee (Jackie Chan): “What’s wrong with you? You don’t jump in front of a black man in a buffet line!”

It’s difficult to refrain oneself from budging in front of others at a buffet. So many things are happening simultaneously while waiting in line. Your stomach growls, your eyes and pupils widen, your mouth salivates, and jealousy increases—all while staring at customers enjoying their dinner.

Buffet dinners have got to be one of the most enjoyable dining experiences. Buffets are amazing because there is so much variety. Though buffets are not always good for your waistline, they are incredible nonetheless. Years ago, there was a great buffet restaurant called Old Country Buffet at Bellis Fair Mall in Bellingham, Washington. Old Country Buffet offered a wide assortment of breakfast, lunch, and dinner items where customers served themselves. I ate there several times and it was probably the best buffet place to make a pit stop to fill one’s palate—heading north or south on the I-5 in the US. The restaurant first opened in 1998, and later closed in June 2016.



Photo by Arnaldo Fragozo

According to Brian Bartles, in an article he wrote for vinepair.com in May 2017, the history of the buffet has French origins. The buffet is derived from the 12th century word, *bufet*—meaning stool or bench. From the 19th century onwards, the word “buffet” (in English) refers to food being served from a sideboard. Merriam-Webster defines “buffet” as “a meal set out on a buffet or table for ready access and informal service.” The buffet later emerged in the US—using the term “smorgasbord” instead of buffet.

Interestingly, the term “smorgasbord” has its roots in Sweden; being defined as a side table where a person has the choice to select a pre-dinner drink or snack. From

the official Merriam-Webster website, smorgasbord is defined as “a luncheon or supper buffet offering a variety of foods and dishes (such as hors d’oeuvres, hot and cold meats, smoked and pickled fish, cheeses, salads, and relishes).” The concept of smorgasbord was shown prominently in the US at the World’s Fair in New York in 1939. Bartles writes, “The smorgasbord, which literally means ‘butter-geese table,’ was an excuse to ease into the main meal by standing among family, friends, or peers, celebrating the initiation of dinner.”

Locally, Sky Dragon Restaurant in Port Coquitlam at 1538 Prairie Avenue, served a buffet until the pandemic arrived in March 2020 (offering take-out and delivery). Sky

Dragon has been around since the 1970s and has changed ownership several times. I cannot remember the number of times I have eaten their buffet dinner. I love it, it’s so good! It is greasy for sure, but if you love Chinese food—this is the place if you want to eat lots! The buffet previously operated every night from 4:30 to 8:30 pm (\$16.95 for adults and \$14.75 for seniors). Some of the tasty items they had in their buffet: stir-fried mixed vegetables, fried rice, beef chow fun, sweet and sour pork, deep-fried wontons, pot stickers, deep-fried prawns, hot crispy chicken wings, egg rolls, and wonton soup.

But it does not end there. On the other side of the buffet, dessert is available for your pleasure—entailing a selection of chopped fruit, ice cream, cake, and Jell-O! One final note about Sky Dragon: if you want a ‘real tasty burger, order their Giant Burger with Fries for \$9.95. You get two stacked patties with cheese in a fresh bun with lettuce, tomato slices, mayonnaise—it is yummy and delicious. You won’t regret it!

Unfortunately, not many restaurants serve buffets, apart from several small eateries and hotels that prior to the pandemic—served breakfast, lunch, or dinner buffets during special occasions and holidays. Hopefully, when it is safe to return to dining in at restaurants without restrictions—the buffet dinner will also have to continue to wait in line.

Delicious things you can do with Oreos

› North America's favourite cookie

Morgan Hannah
Life & Style Editor

Full stop: I'm gluten-free, so I totally use an off-brand Oreo I've found and fallen in love with called KinniToos. Yup, these strangely named sandwich cookies taste even better than Oreos and look practically the same. Better yet, they're more milk absorbent than Oreos for those of you who like to dip and dunk your cookies. Weirdos.

But hey, no judgement here, as I'm about to share with you aaaall the weird things I've done with Oreos—er, I mean, KinniToos. Maybe for keepin' things simple, we'll just refer to sandwich cookies as Oreos, even if you are gluten-free and have your own brand. Just know that you can swap 'em out easily enough. So buckle up, grab yourself a stack of cookies (because we all know that no one can stop at just one), and let's get snackin'!

Eat them

Need I say more?

Magic bars

If you're a fan of multilayered dessert squares, then you'll love these! A crunchy Oreo base topped with three kinds of chocolate chips, coconut flakes, and salted almonds... talk about tasty! You'll need...

- 20 Oreo cookies, crushed finely
- 1/4 cup melted butter
- 1 can (14 oz) sweetened condensed milk
- 1 and 1/2 cups semi-sweet chocolate chips
- 1/2 cup white chocolate chips
- 3/4 cup milk chocolate chips
- 2/3 cup chopped, roasted salted almonds
- 2 cups sweetened coconut

Now, what do you do with all these ingredients? Let's start by preheating your oven to 325 degrees. Next, you'll want to grease up an 11 x 7 glass cooking pan with whatever you like to use for greasin'. In a bowl, combine the crushed Oreos and the melted butter, mix well and press into the greased pan. In a bowl (maybe use the same one? It's all going to the same place in the end...) mix together all the chocolate chips, the almonds, and the coconut. Drizzle the sweetened condensed milk over the mixed goodies until fully covered. Fold all of that together and press into the pan overtop the Oreo base. Lastly, bake for 25 minutes until the edges are golden. Allow your bars to cool before cutting into them. Totally easy, right??



Photos by Morgan Hannah



Oreo tart

Need a quick sugary fix fast? Well lucky you, this no-bake chocolatey treat only takes 10 minutes from start to finish! Thank you, Emma from Kitchen Mason!

For this recipe, you'll need a food processor, and from there it's easy. Just dump all but a small handful of your Oreos into the processor and grind 'em up. Then drizzle melted butter into the processor and continue to blend them up until crumbly and clumpy. Next press your cookie mixture into a pan or tart tin, smoothing down the sides and base with a spoon. Put it in the freezer while working on the filling.

Chop up some dark chocolate and throw in cubes of butter. Pour cream into a sauce-pan and bring to a boil, then immediately take the cream off the heat and add to the chocolate and butter. Mix until smooth and silky, then pour the chocolate and cream mixture into the Oreo crust and decorate with your leftover Oreos and some chocolate chips. Emma recommends using white chocolate for a cookies-n-cream style treat.

Cookies n' Cream cupcakes

For this one, find your favourite chocolate cake mix and pull it out. We're gonna need it, baby! I'd recommend switching out the milk component for some buttermilk for that added moistness and richness, as well as finding a way to splash in some freshly brewed coffee—you'll thank me later.

Before pouring your enhanced chocolate cake mixture into a muffin pan, you'll want to mix up some frosting. Using one cup of whipping cream, around 8 oz of cream cheese, half a cup of sugar, a splash of vanilla extract, and a half a cup of crushed Oreos. Whip up the whipped cream in one bowl until stiff peaks form, then mash up the cream cheese, vanilla, and sugar in another bowl. Fold the two bowls together and add in the Oreos. Don't over mix.

Now, back to the cake mixture. Line your muffin tin with paper cups and fill them up half-way. Drop in a dollop of frosting, then fill up the rest of the way. Bake according to the instructions from your chosen chocolate cake mix.

All your favourite round snacks stacks

Courtesy of my partner, David, these treats are totally amazing! Like the title suggests, these stacks contain all your favourite round snacks: Oreos, Reese's Peanut Butter Cups, and brownies!

Find your favourite brownie recipe and make 'em up! Then line your muffin tin with paper cups and place an Oreo in the bottom of each. Next, add a Reese's Peanut Butter Cup, then fill in the cracks with brownie batter. Top with Oreo crumbles and bake according to the instructions of your chosen brownie mix. YUM—that's all I can say.

OPINIONS

- Should action movies like 'Run Hide Fight' tackle social issues in a specific way?
- Everyone should aspire to a healthy lifestyle—plus sized or not
- ...and more

How will the millennial experience be transferred to parenthood?

› A quick analysis on our generation's child rearing skills



Illustration by CJ Sommerfeld

CJ Sommerfeld
Staff Writer

What will the millennial parent be like? Well, Gen X ended and Gen Y—aka millennials, began forty years ago, so, there are already a handful of millennial parents out there despite the generation being notorious for not having children. Therefore, we have seen (to a degree) what these parents look like, but what will *future* millennial parents be like?

As a quick reminder, the term millennial refers to those born between 1981 and 1996. These echo-boomers have a distinct reputation: they are known as the loneliest, highest educated, most entitled, in-debt, and selfish generation. Being a mid-millennial myself, I am writing from their perspective. Presently, I do not have children (although who knows what is going to happen in the future). The consensus I have received from peers when asking for their take on parenthood is that they would rather be DINKs (Dual Income, No Kids) with their partners, as per this generation's stereotype.

When recalling the media-frenzied Great Recession that occurred when many millennials were entering the workforce, this DINK take on child-rearing becomes

understandable. Normally, ending teen years and entering adulthood is already tricky when regarding financial self-sustenance. However, mid-late 2000s news never left out an opportunity to remind their viewers that stocks were crashing and the unemployment rates were skyrocketing. During this time, I had no idea what a stock was, nor did I have any first-hand experience with unemployment, but the media sure did succeed in scaring me into grasping any employment opportunity available—just in case.

Millennials transitioned into the social media firestorm during this ripe age of late-teen hood or early adulthood. Prior to social media, as well as during its first years, everyone was largely in the dark to what was happening in the world. We received much social and political information from biased news sources, as fed by a particular social stratum that was in no way encompassing of the people. Previously, the closest thing to the mass media was music and literature. This new mass media, which comes hand-in-hand with social media, is a sort of a by-the-people-for-the-people platform where *anyone* can share *anything*. While it has its downfalls, it has also provided great social headway.

This disconnected mass connection has brought awareness to political correctness, the toxic by-product of stereotypes, as well as shed light on outdated social norms that are not so okay. All that before 2020, the year many social justice movements became more prevalent.

These components of a millennial's economic and social lives will likely have an impact on their parenting (or non-parenting):

1. Always have a side-hustle. If you work for yourself, no one can fire you. And, if you get fired from your main job, you still have your side-hustle that may well turn into your main hustle.
2. Screw the nine-to-five. Many of us have seen our parents do it; they work in between designated hours, leaving little physical and mental energy—not to mention time to partake in the things they enjoy. I believe time off of work should not be appointed to running errands, this is an outdated view of financial sustenance. This may come into play more so when your side hustle becomes your main hustle.
3. I am a fan of this recently introduced renting and sharing economy. Please continue it for generations to come.

4. Get a degree, but do not really get a degree. While most companies hold education in high regard, we have access to more information now than ever (and this is only going to increase in the upcoming years), so you can teach yourself a lot. School used to be good for social networking, but in recent years in-person socializations have decreased; break time is now time to duck one's nose into their phone. It is now probably more advantageous to social network via social media—which brings me to my next point:

5. Political correctness. I am sure that I am not the only one with politically incorrect parents, aunts, and uncles, and the lord knows that it was not them who taught me these leftist ideals.

6. But do not be a snowflake, just because you are politically correct, do not get offended when others are not.

7. It is not okay to be a "Karen." Society should have hounded these people decades ago. Finally there has been social recognition that acting like this is not okay.

8. Understand polarization and do not be too stuck in your opinions; know that there is always another side to the coin.

The new war on terror

› What more could power need?

Matthew Fraser
Opinions Editor

Fear has begun to dominate the political realm. Politics are no longer seen as a wrestling match between ideas and compromises. Instead, politics are seen as a battlefield wherein sides must fight mercilessly for what they believe to be the only right answer. As fear rallies the troops around a common cause, it makes the other side look all the eviler, all the more deadly, all the more detestable. Politicians now frame their speeches in the ways that best tickles the fear receptors of those who follow them; one side will be told to fight to take the country back, while the other is told these images are not America. But both sides agree to add more to the state's power while sharpening the blades of oppression, to be used (they hope) against the other. With that, America crawls slowly but seemingly surely towards its second War on Terror.

After the tragedy of 9/11, Americans were gripped by a terror that hitherto was unfathomable save for movies. Suddenly, the everyday citizen could not be less sure of their safety; be it the unpredictability of the attack or the horrifying destruction that it wrought, the very fibres that bound people together were shaken. When the government commissions recommended the *Patriot Act* it was met by resounding applause despite the trepidation of the ACLU Russell Feingold. Why? Because

when fear is plenty, the loss of any freedom seems a fair cost for safety. Despite the warnings of the liberty minded, the *Patriot Act* was adopted, and the civil liberties long treasured in word by the American patriot were flushed away.

Now, almost 20 years later, America creeps towards a new concession of freedom. Soon after the January 6 insurrection, security advisors like John Brennan began to announce the “laser like fashion” with which the incoming Biden administration would be focusing on Trump’s insurrectionists. And what a prime time to act, with roughly 54 percent of Americans thinking the biggest threat to their way of life is other people in America, the price tag on state security is only a freedom or two. When the promise is to infiltrate and disrupt white supremacist groups, surely, we have nothing to fear. At least that’s what’s said by all who forgot that *COINTELPRO* was founded to stop the Black Panther party and that the FBI once desperately tried to encourage Martin Luther King’s suicide. Some would have you believe that the state would never use its powers to oppress anyone but the few that they hate, yet are completely unaware of how thoroughly the *Patriot Act* has been used to survey for drugs over terrorists. Even more have forgotten that in 2017, numerous Republicans sought laws to ban Black Lives Matter protests from occurring. Somehow people have forgotten that the government—and those who ogle its might—will always use new powers to crush its favorite targets,



regardless of its original promise.

Luckily, as the ACLU once did when it stood against the *Patriot Act*, a small, vocal group of politicians have stood up to protest these proposed expansions to the security state. Rashida Tlaib authored and signed a letter (with support from other progressives) outlining many of the egregious misuses of power that have been propagated by the American government while denouncing calls for more power. A short time thereafter, former Democratic congressperson and Presidential hopeful Tulsi Gabbard spoke out against these surveillance increases. Yet, despite the name recognition and followings of those who signed on, the fear that has propelled the American people through the rictuses of last year may be too powerful for the cautions of history to correct. Political commentator Krystal Ball recently opined

that when the state of fear is so high, the only place to go is towards authoritarianism. As the mainstream media agrees with these censorships, I for one believe she is correct. It seems that far too many people believe that the powers of government given today will evaporate or be put away tomorrow. It seems the lesson of Trump (that leadership you like is not predictable and certainly not guaranteed) has fled the minds of liberals just as fast Biden walked through the White House doors.

It should be stranger to see how history will soon repeat itself. This should come as more of a surprise and the masses should be more upset, but then again as many a radical feared, the liberals who once cursed state power went back to brunch the second that Trump walked away.

Should action movies like ‘Run Hide Fight’ tackle social issues in a specific way?

› It’s hard to understand the criticisms when similar movies like ‘Die Hard’ are still legendary

Luana Ross
Contributor

The term most commonly used by critics to describe the film *Run Hide Fight* is “tasteless.” Examples include “poor-taste experiment,” “fundamentally tasteless,” and finally, “grotesque tastelessness.” There is a stark difference in the opinions of the critics and the opinions of the audience on this film, however; on metacritic, the film received exclusively negative reviews from the six professional critics while the cumulative review of 440 users was overwhelmingly positive. The same trend between the critics and the audience can be seen on Rotten Tomatoes; the 12 professional critics gave the movie 25 percent while the 2,361 user ratings awarded the film 93 percent. IMDb user Matthew Brink, in his review named “Metacritic LOL,” states this: “When critics try to flush it and it makes you want to see it even more. attempted social censorship by cool shaming is so passé. total green light.”

Clearly there is some controversy surrounding this film, as the subject matter is school shootings. The IMDb description of the movie is “17-year-old Zoe Hull uses her wits, survival skills, and compassion to fight for her life, and those of her fellow classmates, against

a group of live-streaming school shooters.” The film is often described as *Die Hard* in a school—and this description has been used as both a positive and a negative for the movie. *Run Hide Fight* is the center for much controversy—especially from critics—but why? Comparing the film to *Die Hard* for example, a film that has easily reached the status of cultural icon, the movies both similarly deal with real-life issues that are associated to a lot of heartbreak. *Die Hard* deals with terrorists holding hostages in an office building; *Run Hide Fight* deals with school shooters (terrorists) holding hostages in a school. Both films are celebrated for being great

thrillers that take the viewer through a rollercoaster of emotions. So, why does *Die Hard* have 94 percent from 77 critics on Rotten Tomatoes?

The common gripes critics have against *Run Hide Fight* include that it is shallow and it “makes no attempt to grapple” school shootings smartly—but I see no similar issue with *Die Hard* despite the fact that same criticism could easily be made. *Die Hard* kills terrorists in a comical fashion all the way throughout the movie, but there are no criticisms that *Die Hard* should have grappled the complex ethical and moral questions that come with killing people in a better way. I don’t

think it is a movie’s obligation to tackle topics in a specific way. Movies, and all art, should be created for whatever reason the creator wants—whether it be to excite the audience, to make the audience laugh, or to make the audience think. Movies—and all art—have no obligation to approach topics as others believe they should.

Many also criticize the film for having an agenda—but don’t most action movies have the same “save the day and be an American hero” agenda? Why is *Run Hide Fight* being singled out? I completely understand that many don’t like the action genre but *Run Hide Fight* is simply a part of an old and classic genre that is already established in its tropes. Even *Taken*, which deals with child sex trafficking, has not met such harsh criticisms.

Culture and movie critics seem to understand the cheesy (and sometimes insensitive) tropes that come with action movies and should extend the same understanding to *Run Hide Fight*. Films are often made with the main intention of entertaining the audience in mind; *Run Hide Fight* should not be obligated to “grapple” with the issues brought up in the film. Since we don’t intend to hold the millions of actions movies we already idolize in culture to the same standard, why should *Run Hide Fight* be judged differently?



Promotional image for 'Run Hide Fight'

Toxic body positivity exists, so how can you avoid it?

› Everyone should aspire to a healthy lifestyle—plus sized or not

Jane Diokpo
Contributor

In the 2000s, being skinny was the ideal body type and the image of optimum attractiveness. Stars like Paris Hilton, Amanda Bynes, Taylor Swift, Miley Cyrus, and Lindsay Lohan were typically praised for how they maintained their slim figures. To be a model in high fashion runways (like Karlie Kloss and Liu Wen) or in more low-key magazine spreads, you had to fall below a weight standard. Due to the lean body type being the most represented in mainstream media, it was all young girls and boys saw and aspired to be. Eating disorders were common, with subcultures dedicated to the harmful habit arising (i.e., PRO-ANA). Many young people's general dissatisfaction with their body image was at a noticeable high. It was no surprise that a growing need arose for the acknowledgement of this toxic trend of prioritizing skinny body types over people's overall wellbeing and the romanticization of unrealistic standards. Hence, the body positivity movement came into the mainstream and was strongly advocated.

It is important to note that it has always existed, even way back in the '60s—but it gained a solid strong hold on the 2010s with people taking the subject matter more seriously. Many young people globally came together to bring more awareness to the normalization of "regular bodies" (most especially, bodies that veer away from the previously highly esteemed slim body type). Countless communities on the internet, on platforms like Tumblr and Instagram, have been dedicated to spreading the movement and advocating its beliefs. Numerous celebrities joined the movement, sharing selfies of their natural post-pregnancy bodies (such as Chrissy Teigen) or un-photoshopped bodies (such as Demi Lovato). Brands that are plus-

sized inclusive have become a must and plus-sized models like Ashley Graham are in demand. Even music artists have been involved in one way or the other; Nicki Minaj, Lizzo, and Meghan Trainor, to name a few.

However, in an embodiment of toxic body positivity, some of these music artists noticeably belittle people with slim bodies to uplift others

standard which is the over-exaggerated hourglass shape that celebrities like Kim Kardashian, Kylie Jenner, and countless Instagram models conform to and unconsciously broadcast to young people everywhere.

Another issue is the lack of moderation or a fine line in the movement. The body positivity movement has shown its toxicity when advocates demonizing healthy lifestyles like a basic balanced diet and regular exercise; it's seen as yet more pressure on people to maintain a certain weight to please the public. In reality, regardless of beauty ideals enforced by others or oneself, plus sized or slim, everyone should aspire to live a healthy lifestyle to avoid chronic health issues.

Recently, celebrities like Lizzo (a body positive musician) and Adele have come under fire for making efforts to lose weight for their own personal well-being. Many body positive advocates thought they were pressured into doing so by the public, as many argue society largely still fat shames. However, the world should be able to discern between someone losing weight for others and losing weight for themselves; the latter seemingly the case for both Adele and Lizzo who have expressed they personally did not feel comfortable with their previous weights.

If plus-sized people feel perfectly fine with their weights (while maintaining a healthy lifestyle, including a balanced diet and regular exercise) they can remain plus-sized. But if there are some, like Lizzo and Adele, who aren't comfortable with staying big, they should not be shamed or accused of not supporting the body positivity movement just for having their own separate and personal

experiences with body weight. There should be less generalizations; people are different so more considerations should be taken in the movement. Non-plus-sized body types need to be included more and we all need to dig a bit deeper when addressing why separate individuals choose to be plus-sized or not.



Illustration by Athena Little

without. Meghan Trainor has been blasted for her lyrics that pitch slim people against plus-sized people in her song "All About That Bass." Advocates like her have misinterpreted the movement as an opportunity to belittle slim people on behalf of plus-sized people, but they are no better than the slim people who did vice versa in the 2000s. Also, the movement has ironically birthed another unrealistic body

A gallery of sad poems

Richard Dick
Senior Columnist

MY EGG
My egg

has

fallen
to the unforgiving floor...

this is the quintillionth time
this astral plane has sought to reject me.

DEAR LOVE
Dear love,

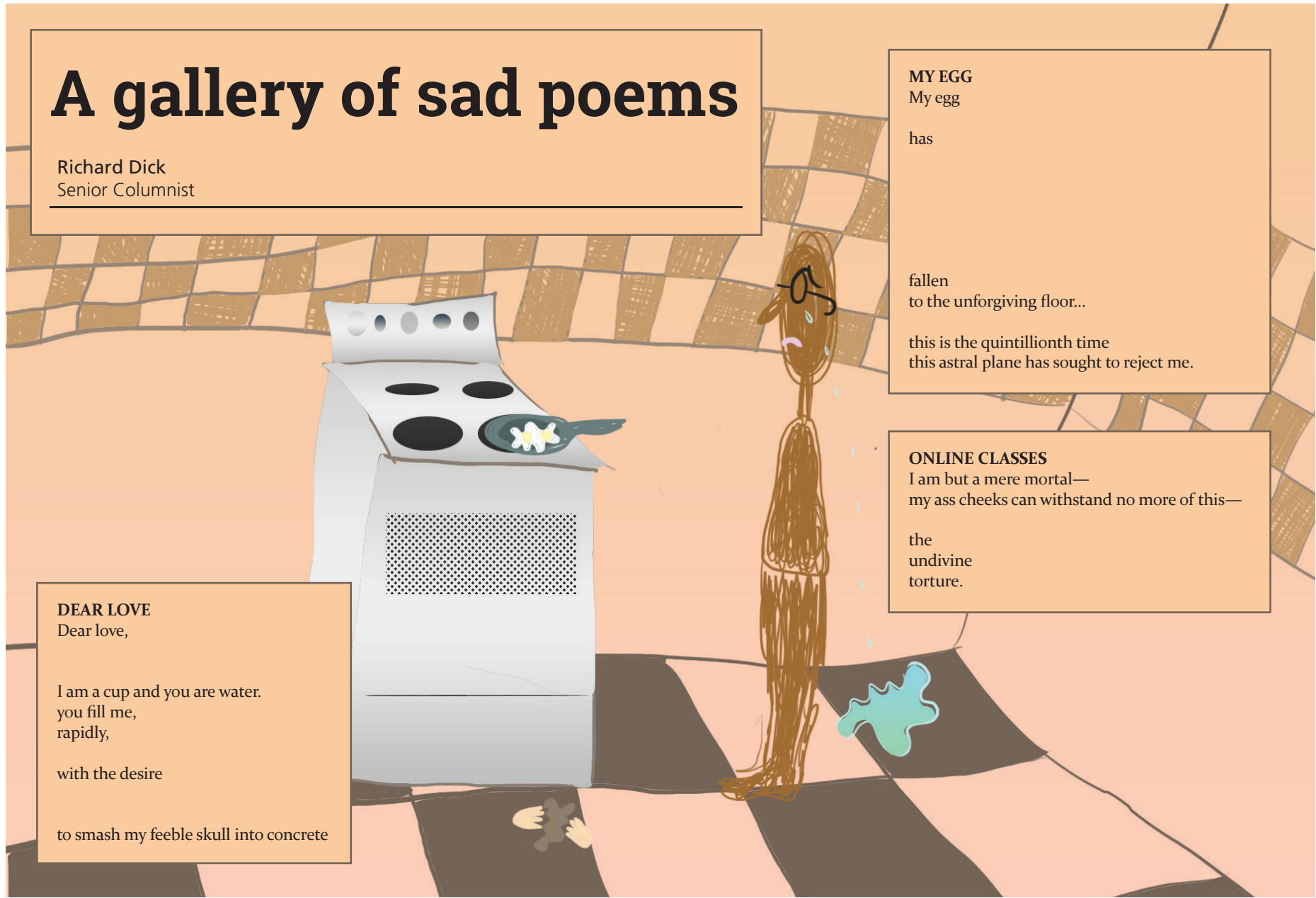
I am a cup and you are water.
you fill me,
rapidly,

with the desire

to smash my feeble skull into concrete

ONLINE CLASSES
I am but a mere mortal—
my ass cheeks can withstand no more of this—

the
undivine
torture.



Stretch-a-saurus-rex



CREATIVE WORK

Space Geographer Returns: part 3

Morgan Hannah
Life & Style Editor

“Captain, with all due respect, I cannot in good conscience let you go down there! It would be illogical. Please, allow me to lead an away mission to, to retrieve any information possible about Lieutenant Ka—”

“That’s enough, Lieutenant Jorbes! We’ve been through this already. You aren’t Vulcan, so please don’t try to act like one.”

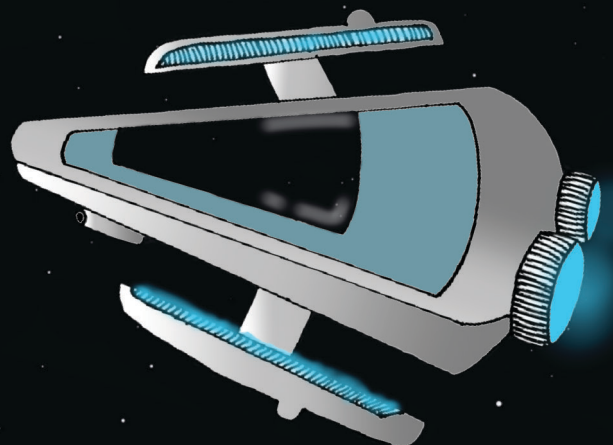
“I was merely pointing out how it really doesn’t seem like a good idea to send down the *Captain*...”

“And I am merely telling you that I will be going on that away mission. If you care to join me, that would be fine. But the crew needs you more in Engineering, and I don’t want to hear anything more about how the crew needs me more here on the ship.” I finish, exasperated and buttoning up my uniform. You would think that as a Captain your word is final, but the number of times I am questioned in a week is *shocking*! It has often led me down a rabbit hole of thinking and wondering if I am actually a good Captain with my crew’s best interest at heart, with the Space Geographer way at heart, or, perhaps if I am just obsessed with putting an end to the seemingly endless searching for my sister and that might be all that holds me together. I do know that I’ll consider an early retirement once I’ve been able to bring home Malory’s body... alive or dead.

Lieutenant Jorbes sighs with resignation and dismisses himself. I watch him disappear out the door of the away mission shuttle. I’m left with one of the newer recruits—Ensign Rabbit, I think her name is. A rather funny name.

“All ready to go, Ensign?” I ask, taking my seat at the helm. With a quick nod from Rabbit and a couple pushed buttons, I feel the away mission shuttle lift off the ship deck. Within moments we are completely swallowed up by space headed straight for Planet Xexon.

Continuation of this exciting adventure next week!



CROSSWORD

Weekly Crossword

OnlineCrosswords.net

ACROSS

- 1.1. "Dance With Me Henry"
singer Georgia
6. Loan nos.
10. Fishing gear
14. Medium medium
15. Attention-getting sound
16. Inter ____
17. Japan's "City of Water"
18. Entreats
20. Limitless limit?
21. Canine commuter
system?
23. Jumble
25. It may be golden
26. Pole, for one
28. Least warped, as a beam
30. Winter setting in Wyo.
33. Court denizen
35. "Six ____"
37. Horns in the woods
38. Brawl site
40. Explosive trial
41. Rejected
42. Norse god of strife
43. Charged
46. Bouncer's concerns
47. ____ du Louvre
48. Crackers in a red box
50. One who understands
canaries?
54. Dry gently, as tears
57. Californian, e.g.
58. Curriculum suffix
60. "Must've been
something ____"
61. Town in Abruzzi
62. "Cross my heart!"
63. First-time tux wearer,
maybe
64. Grief cause
65. Goes it alone

DOWN

1. Pontiacs since 1964
2. "That's all ____"
3. Issue for arguing
asses?
4. ____ choy
5. Attempts
6. Oft-seen puzzle clue
letters
7. Look from hiding
8. Consignee's hope
9. Shells out
10. Bead material
11. Like a school
supplies mkt.
12. Caught up to, in a
way
13. Ready-to-mail item,
briefly
19. Time managers?
22. "When You Wish
Upon ____"
24. Wicked ways
26. Perspective
27. Full of fluff

29. Patient tenders, for
short
30. Object of bovine
witchcraft?
31. Porcine proboscis
32. Weather word
34. Be a wiseacre
36. Like a wiseacre
38. It's heard in a herd
39. ____ crow flies
41. Kitchen gadgets
44. Kind of body
45. Treating nastily
47. Measured (out)
49. Woods tools
50. Bit of lawn litter
51. Tear's mate
52. Spanish pronoun
53. Barbra's "A Star Is
Born" costar
55. Currency exchange
fee
56. The better players
earn them
59. John, to Paul

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18				19				
20					21	22								
		23	24				25							
26	27				28	29						30	31	32
33					34					35	36			
37								38	39					
40							41							
42					43	44	45					46		
			47						48	49				
50	51	52						53				54	55	56
57											58	59		
60						61					62			
63						64					65			

Previous solution

U	T	S	W	O	D	E	R	A	T	E	R	E	N	
R	T	V	N	R	I	R	I	P	P	K	U	V	I	
I	V	W	D	I	S	V	S	V	S	N	N	I	E	
S	Y	W	P	T	O	W	K	N	T	N	E	S	C	
G	U	I	D	V	N	C	E	D	R	D	V	N	V	
T	N	O	I	T	C	V	R	E	T	N	I	E	I	
P	S	O	C	I	V	L	T	W	T	T	C	T	E	
N	R	I	N	F	E	C	T	I	O	S	N	N		
I	I	S	O	T	V	L	E	C	E	R	T	I	E	
I	T	N	V	T	C	E	F	N	I	S	I	D	N	
T	V	D	I	S	T	V	N	C	I	N	G	W	U	
R	T	R	V	N	S	W	T	T	C	N	T	O	W	
C	I	R	C	U	L	V	L	E	I	O	W	T	W	
O	Y	O	R	O	A	T	A	R	I	P	S	A	R	I



DOUGLAS STUDENTS' UNION

Virtual Front Desk Drop in!

Wednesdays 1-3pm
Fridays 10am-12pm

Head to our website - www.thedsu.ca/services for
more info and the link to join.